









# Chayote Squash: Nutrition . Selection . Storage

Nutrition information for chayote squash and tips on how to select, store and prepare it. <u>Health Benefits</u>

[All Fruits] [All Vegetables]

## Did You Know...

Chayote squash can be substituted for summer squash in any recipe. The skin and seed are edible.



PREP 🕦

### **How To Select**

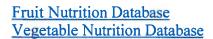
Choose firm chayote with smooth, unblemished skin.

### **How to Store**

Refrigerate chayote squash in plastic bag for up to a month. Rinse before using.

## **Nutrition Benefits**

Fat free, cholesterol free, sodium free, good source of vitamin C.



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How to Read a Food Label

Key Nutrients Found in Fruits & Veggies



Dietary Guidelines for Americans Fruit & Vegetable Recipe Search



#### **Nutrition Facts** Serving Size 1/2 cup 1" pieces (66g) Servings Per Container Amount Per Serving Calories 15 Calories from Fat 0 % Daily Value\* Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g Chalesterol Oma 0% Sodium 0mg 0% Total Carbohydrate 3g 1% Dietary Fiber 1g Sugars 1g Protein 1g Vitamin A 0% Vitamin C 8% Calcium 2% Iron 2% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calone needs: 2,000 Total Fat Less than 809 65a Seturated Fat Chalasteral 20g 300mg 25g 300mg 2,400mg 2,400mg Total Carbohydrate 300g Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your <u>daily recommended amount of fruits and vegetables</u> is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk**